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Build a Better Breakfast

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Brown Box Organics not only offers free home or office organic produce and specialized grocery deliveries but also curbside pick up on call-ahead orders.

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“Breakfast like a king, lunch like a prince and dine like a pauper”

What we choose to eat for breakfast is important, and affects our mental and physical performance throughout the day, as well as our mood, weight and long-term health. A good breakfast gives us the energy we need to fuel the brain, as well as vitamins and minerals we need to create energy. Research shows eating a well-balanced meal in the morning helps stabilize blood sugar levels, which control appetite and energy throughout the day. Approximately 20-30% of the day’s calorie intake should be eaten at breakfast time – that’s around 400-500 calories for women and 500-600 calories for men. Having a combination of starchy food, fiber and at least 15 g protein is the best. So, begin thinking outside the (cereal) box for this important meal!

Breakfast (or Snacktime) Smoothies*

Add YOUR choices for Protein, Flavor, Liquid, Fiber and Extra Healthy additions. Blend ingredients in a food processor, blender or with a hand blender.

- Protein** Protein powder from whey, soy, or rice (20 gr./serving) AND/OR
½ cup unsweetened yogurt with live cultures (Stonyfield Farms, homemade, etc.) OR
½ cup soy yogurt with live cultures OR
½ cup tofu OR
¼ cup whole raw nuts OR
2 Tbsp nut butter (preferably almond, hazelnut, etc.)
- Flavor** Stevia, OmniBalance, organic agave syrup, honey etc. to taste AND/OR
½ cup of fresh or frozen unsweetened fruit (such as blueberries, raspberries, marionberries, peaches, cherries mixed berries, etc.) OR
1 frozen banana OR
½ tsp. vanilla, almond or coconut extract
- Liquid** 1 cup of any of the following: purified water, soy milk, rice milk, almond milk, lite coconut milk, goat milk, fresh vegetable juice, or ice cubes with a little extra liquid)
- Fiber** 1-2 Tbsp. ground flax seeds AND
¼ cup shredded unsweetened coconut (toasted if you like the flavor) OR
1-2 Tbsp. psyllium seed
2 Tbsp. rice bran
- Extra Healthy** 1 Tbsp fish, flax, or blended EFA oil
Green vegetable concentrate powder (like Prescribed Choice, Supreme Nutrition or Greens First)

*Adapted from What’s for Breakfast cookbook by Joan Haynes, ND. **Nutritional analysis** varies based on ingredients.

Oriental Tofu, Sweet Potato and Chard (Good for breakfast, lunch or dinner!)

1 pound sweet potatoes or yams
1 pound firm tofu, cubed
1 T. olive oil
1 cup sliced onion
1 tsp minced ginger
1 tsp minced garlic
2-3 T. vegetable broth
2-3 T oyster sauce
1 bunch Chard, washed and stems trimmed away
salt and pepper to taste

Bake sweet potatoes in 350° oven until flesh yields slightly to touch.

Peel the cooked sweet potato and slice into ½ “ slices. Heat the oil in a large skillet. Add the sliced potato and cubed tofu. Cook several minutes on each side until browned. Add the onions, ginger and garlic. Cook for 1-2 minutes, then add the chard, broth and oyster sauce. Cook until chard begins to soften. Salt and pepper to taste.

Nutritional analysis: Makes approximately 4 servings, each serving: 196 calories, 10 g fat (1 g saturated), 0 cholesterol, 477 mg sodium, 19 g carbohydrate, 4 g fiber, 10 g protein

*Your kitchen is at the heart of your health. In your home, you probably keep your medicines in the bathroom. The second medicine cabinet--the one that really helps prevent disease and symptoms is kept in your kitchen cupboards, refrigerator, freezer, and pantry**

Cinnamon Breakfast Quinoa*

1 cup organic 1% low fat milk (rice milk, almond milk, etc.) plus more for serving
1 cup water
1 cup organic quinoa, rinsed first
1-2 cups organic chopped apples (fresh blackberries, blueberries etc.)
1/2 teaspoon ground cinnamon
1/3 cup chopped walnuts, toasted* (pecans, almonds, walnuts, hazelnuts etc.)
1-2 T organic brown sugar (organic agave nectar, organic maple syrup, honey, turbinado sugar etc.)

Combine milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in fruit and cinnamon; transfer to four bowls and top with nuts. Top with sweetener, to taste, and add more milk, if necessary.

*While the quinoa cooks, roast the nuts on a sheet lined with parchment paper in a 350° F degree oven for 5 to 6 minutes or in a dry skillet over medium heat for about 3-4 minutes. Watch carefully to avoid burning.

Nutritional analysis: Makes 4 servings, each serving: 294 calories, 10 g fat (1 g saturated), 2 mg cholesterol, 39 g sodium, 44 g carbohydrate, 5 g fiber, 10 g protein.

References

<http://www.breakfastpanel.org/what-makes-a-good-breakfast>

History of Breakfast in America <http://www.cbsnews.com/stories/2008/01/28/earlyshow/living/recipes/main3758216.shtml>

<http://www.101Cookbooks.com>

*Adapted from Chef MD's Big Book of Culinary Medicine, by John LaPuma, MD